



Girls & Boys Spring Lacrosse

Outdoor Program
March 14 to June 14, 2016

The Ellington Recreation Department will be offering Spring Travel Teams for grades: 1st&2nd(Lightning), 3rd&4th (Bantam), 5th & 6th(Juniors) and 7th and 8th graders (Seniors) . Registration must be received by January 25, 2016 so we can determine number of teams and roster size.

Requests to move up a level must be made in writing to the Recreation Department prior to January 25, 2016.

Travel League Fees: Bantam-\$75; Juniors-\$85; Seniors-\$95
 Families with 3 or more participants will receive a \$10 family discount. Additional fees will be required for both boys and girls uniforms.

Lacrosse Equipment Required:	
Girls	Stick, goggles, mouth guard and cleats
Boys	Helmet (black), mouth guard, shoulder & elbow pads, cleats, athletic supporter, rib protector and regulation stick

Season Practice Schedules:
 Bantams Practice 2-3 days per week
 Juniors and Seniors Practice 3-5 days per week

Note: Travel is required for Lacrosse within Connecticut and Massachusetts.

Divisional Placement: Requirements for teams are as follows:

Bantam Program Grades 3 & 4
 Girls minimum: 15; maximum: 25
 Boys minimum: 15; maximum: 25

Juniors Program Grades 5 & 6
 Girls minimum: 15; maximum: 25
 Boys minimum: 15; maximum: 25

Seniors Program Grades 7 & 8
 Girls minimum: 15; maximum: 25
 Boys minimum: 15; maximum: 25

Those individuals interested in applying for coaching positions are required to attend the Coaches Information Session on January 31st from 10-11am. Questions please email Bob Tedford at rtedford@ellington-ct.gov

Please attend the Coaches Meeting on January 31, 2016 at 10am-11am at the Recreation Office.

Pre-registration is required for all programs and clinics

Boys & Girls Lacrosse Clinics Program

Intro Clinic for Grades K-2
 Saturday Program ~ April 23 - May 21, 2016
 9:00 am-10:00 am at Ellington High School
 Cost: \$25 per player

This clinic will be designed to introduce kids to Lacrosse. Basic fundamentals of throwing, catching, cradling and shooting will be covered. Players do not need equipment for this clinic; the equipment will be provided.

Boys & Girls Lightning League: The Lightning Lacrosse Program is targeted at 1st and 2nd grade players. Teams would practice 1-2 days per week, with a few games against other Lightning teams from surrounding towns. Cost : \$45.00 per participant. If interested register through Activenet.
 Codes: LIGHT.TEAMB16
 LIGHT.TEAMG16

January 25, 2016 is the deadline to register to ensure team placement, provided the minimum and maximum enrollment figures have been met; if that has occurred a "wait list" will be kept in order to determine if and when openings do exist.

Travel Lacrosse Guidelines

2016 playing time guidelines: The boys and girls Lacrosse programs will be considered "travel" programs during the 2016 season. Current Town policy requires each player to receive a minimum of 25% playing time, per game; however, it is anticipated that every attempt will be made to increase playing time percentage over the course of the regular season.

Evaluation Session: The Recreation Department reserves the right to establish/schedule three evaluation sessions (based on enrollment) in order to provide/select balanced teams and assign teams to the appropriate levels of competition; Bantam, Junior and Senior levels. It will be required that each player attend at least 2 of the 3 evaluation sessions. Time and location will be determined after registration closes.

Mandatory Parents Meeting: There will be mandatory parents/players meeting in March to review details and season expectations, costs, fundraising and rule changes for 2016. Date & Time TBA